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AUTHOR McPhail, Hartwell
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ABSTRACT

Biorhythm comes from the Greek words for life and regulated beat. The science of biorhythm is concerned with the rhythmic cycles of physical, emotional, and intellectual life. These cycles have lengths of 23, 28, and 33 days respectively. During the first half of each cycle, energy is high. During the low period, second phase abilities, feelings, and competence decline. The worst periods are critical or zero days when the cycle changes from high to low or vice versa. During this period, the body seems to be in a state of flux and thus has a considerable degree of instability. A biorhythm chart can be calculated from one's birthdate. (CD)

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MR. HARTWELL McPHAIL
Mississippi College
Clinton, Mississippi

BIORHYTHM

Perhaps, the best explanation of the meaning of "biorhythm' is the derivation of the word itself. It comes from the Greek 'bios" which means life, and 'rhythmos', meaning a regulated beat as would be associated with music. The science of biorhythm consists of three beats or rhythmic cycles and each appears in an organized pattern. The three patterns are the physical, emotional, and intellectual rhythms and each has its beginning at birth. The length of time for each rhythm or cycle is different, but one-half of each biocurve is positioned in the high or plus phase or a biorhythm chart and one-half in the low or minus phase. The two phases can be compared to a battery, in the high phase, the battery is charged and is emitting power; in the low phase, the battery has lost some of its power and is being recharged. So are the phases of the body.

The physical cycle is twenty-three days in length and is believed to originate in the muscle fibers. During the 11½ days in the low phase, one would expect physical performance to fall off because one would tire more easily and have less energy.

The emotional or sensitivity rhythm is twenty-eight days

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in length and governs the nervous system. The first fourteen days represent the high phase during which one is cheerful and gets along well with others. During the low phase, one is more inclined to become irritable add negative.

The thirty-three day intellectual cycle is apparently associated with the cells in the brain. During the 16½ days of the high phase, one thinks more clearly, is more creative, and responds quicker to mental tasks. In the low phase, it is more difficult to master new subjects because it is a time when the capacity to think is reduced.

'Critical days' are the zero days when a biocurve passes from the high phase to the low or vice versa. It lasts for a period of twenty-four hours during which there is a high potential for human error. The body seems to be in a state of flux or change and thus has a considerable degree of instability. This is an accident-prone period because one's reaction to his environment may bring about a critical situation.

The position of each cycle on a biornythm chart can be calculated for any month by totaling the number of days from birth to the first day of the month being charted. Each cycle is figured separately by dividing 23, 28, and 33, into the total number of days, the remainder indicates the position of the cycle on the first day of the month being checked. Biorhythm rulers for each cycle, matched in size with the chart, are used

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to draw the biocurves. When the position of the biocurves are in the high phase of the chart, the condition of the body is conducive to a "good day", in the low or zero area, a "bad day".

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